

### Amendments of the Claims:

A detailed listing of all claims in the application is presented below. This listing of claims will replace all prior versions, and listings, of claims in the application. All claims being currently amended are submitted with markings to indicate the changes that have been made relative to immediate prior version of the claims. The changes in any amended claim are being shown by strikethrough (for deleted matter) or underlined (for added matter).

1. (Currently amended) A fastener for releasably attaching a lacrosse stick head to a lacrosse stick shaft, comprising:
  - a) a fastener body; and
  - b) a tension pin, affixed to and extending through said fastener body, said tension pin including a compression spring and one or more end caps, said end caps protruding from one end, or two opposite ends, of said fastener body, and said tension pin being arranged such that when said end caps of said tension pin are compressed against said spring, said end caps are recessed into said fastener body, and wherein said fastener comprises a removable unitary assembly.
2. (Original) The fastener of claim 1, wherein said fastener body comprises a high modulus nylon or plastic composition having high strength and stiffness, suitable for metal replacement applications.
3. (Original) The fastener of claim 1, wherein a cross-section of said fastener body is substantially octagonal, hexagonal, rectangular, square, oval, round, or otherwise shaped to fit snugly within said shaft without twisting substantially.
4. (Original) The fastener of claim 1, wherein said compression spring comprises a metal or metal alloy composition.
5. (Original) The fastener of claim 4, wherein a force required to compress said spring is between four and five pounds.
6. (Original) The fastener of claim 1, further comprising means affixed to said fastener for grasping or pulling said fastener from said shaft.
7. (Original) The fastener of claim 6, wherein said means for grasping or pulling comprises a tether, string or thread.

8. (Currently amended) A fastener for releasably attaching a lacrosse stick head to a lacrosse stick shaft, comprising:
- a) a substantially solid fastener body, comprising a plug for insertion into a forward end of said shaft;
  - b) a tension pin for engaging said shaft and said head, affixed to and extending through said fastener body, said tension pin including a compression spring and one or more end caps, said end caps protruding from one end, or two opposite ends, of said fastener body, and said tension pin being arranged such that when said end caps of said tension pin are un-compressed, said end caps extend substantially through one or more apertures in said shaft and said head, and wherein said fastener comprises a removable unitary assembly.
9. (Original) The fastener of claim 8, wherein said fastener body comprises a high modulus nylon or plastic composition having high strength and stiffness, suitable for metal replacement applications.
10. (Original) The fastener of claim 8, wherein a cross-section of said fastener body is substantially octagonal, hexagonal, rectangular, square, oval, round, or otherwise shaped to fit snugly within said shaft without twisting substantially.
11. (Original) The fastener of claim 8, wherein said compression spring comprises a metal or metal alloy composition.
12. (Original) The fastener of claim 11, wherein a force required to compress said spring is between four and five pounds.
13. (Original) The fastener of claim 8, further comprising means affixed to said fastener for grasping or pulling said fastener from said shaft.
14. (Original) The fastener of claim 13, wherein said means for grasping or pulling comprises a tether, string or thread.
15. (Currently amended) A lacrosse stick, comprising:
- a) an elongate shaft having a butt end and a forward end;

- b) a head comprising a frame including a rearwardly oriented coaxial socket element to receive said forward end of said shaft, wherein said coaxial socket of said head is engaged with said forward end of said shaft; and
  - c) a fastener releasably attaching said head to said shaft, wherein said fastener comprises a removable unitary assembly, and wherein said fastener comprises;
    - i) a fastener body coaxially engaged with said forward end of said shaft; and
    - ii) a tension pin, affixed to and extending through said fastener body, said tension pin including a compression spring and one or more end caps, said end caps protruding from one end, or two opposite ends, of said fastener body, and said tension pin being arranged such that when said end caps of said tension pin are un-compressed, said end caps extend substantially through one or more apertures in said shaft and said head, such that said head is securely affixed to said shaft, and quickly released from said shaft, when said end caps of said tension pin are compressed.
16. (Original) The lacrosse stick of claim 15, wherein said fastener body comprises a high modulus nylon or plastic composition having high strength and stiffness, suitable for metal replacement applications.
17. (Original) The lacrosse stick of claim 15, wherein a cross-section of said fastener body is substantially octagonal, hexagonal, rectangular, square, oval, round, or otherwise shaped to fit snugly within said shaft without twisting substantially.
18. (Original) The lacrosse stick of claim 15, wherein said compression spring comprises a metal or metal alloy composition.
19. (Original) The lacrosse stick of claim 18, wherein a force required to compress said spring is between four and five pounds.
20. (Original) The lacrosse stick of claim 15, further comprising means affixed to said fastener for grasping or pulling said fastener from said shaft.
21. (Original) The lacrosse stick of claim 20, wherein said means for grasping or pulling comprises a tether, string or thread.

22. (New) A method for releasably attaching a lacrosse stick head to a lacrosse stick shaft, comprising the steps of:

- a) providing a lacrosse stick shaft having a butt end and a forward end;
- b) providing a lacrosse stick head comprising a frame including a rearwardly oriented coaxial socket element to receive said forward end of said shaft, wherein said coaxial socket of said head is suitable for engagement with said forward end of said shaft; and
- c) inserting a fastener comprising a removeable unitary assembly into said forward end of said shaft and releasably attaching said head to said shaft, wherein said fastener comprises:
  - i) a fastener body coaxially engaged with said forward end of said shaft; and
  - ii) a tension pin, affixed to and extending through said fastener body, said tension pin including a compression spring and one or more end caps, said end caps protruding from one end, or two opposite ends, of said fastener body, and said tension pin being arranged such that when said end caps of said tension pin are un-compressed, said end caps extend substantially through one or more apertures in said shaft and said head, such that said head is securely affixed to said shaft, and quickly released from said shaft, when said end caps of said tension pin are compressed.